|  |
| --- |
| **Arms** |

|  |
| --- |
| **Legs** |

|  |
| --- |
| **Core** |

|  |
| --- |
| **Endurance** |

|  |
| --- |
| **Jumps** |

|  |
| --- |
| **Water** |

**Workout Log - Sore Today, Strong Tomorrow**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Saturday** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **#/Time** | **#/Time** | **#/Time** | **#/Time** | **#/Time** | **#/Time** | **#/Time** |
|  |

***Press Pulse***

***Up D0wn***

***Arm Circle***

***Box Reach***

***Push Ups***

***Calf Raises***

***Lunges***

***Squats***

***Accordions***

***Side to Side***

***V-Ups***

***Windshield Wipers***

***Scissor Ups***

***Bicycle Crunch***

***Leg Lowers***

***Cheer Jacks***

***Mountain Climbers***

***Burpees***

***1098***

***Run***

***Straddle Lifts***

***Toe Touches***

***Pikes***

***Hurdlers***

***Weighted TT***

8 ounces

**Stretch**